



PROTECTING YOUR ENERGY

Eating well

Easy guidance and tips
to support you to get
the best out of your
days at work



Steps to understanding your nutritional needs



YOUR ENERGY

Physically demanding work

Need nutrient rich foods for energy



BALANCE

Carbohydrates

Proteins

Fats

Vitamins

Minerals

What does balanced look like?

BREAKFAST



Energy food: Oats, protein
Add fruit for vitamins and fibre

LUNCH/DINNER



Half your plate vegetables
 $\frac{1}{4}$ plate protein
 $\frac{1}{4}$ plate whole grains/starchy vegetables

SNACKS



Nuts
Seeds
Fruit
Yoghurt

A Sample Day Plan

BREAKFAST

Scrambled eggs with
spinach
Sourdough toast
Orange juice



LUNCH

Grilled chicken, quinoa,
steamed broccoli



SNACK

Small Greek yoghurt
pot with berries



DINNER

Baked Salmon,
vegetables



HYDRATION

Water infused with
lemon



Breakfast Ideas

Eggs on Sourdough
toast



Avocado on Sourdough
toast



Oats with full fat Greek
yoghurt and berries



Smoked Salmon on Rye
bread



Protein rich Banana
Smoothie with berries



Lunch Ideas

Moroccan chickpea
casserole



5 Bean Chilli, rice &
salad



Carrot and Almond
Soup



Oven roasted Salmon
with grain salad,
roasted sweet potatoes



Chicken, Lentil and
Spinach Curry with
Rice, Salad and a
Poppadom



Dinner Ideas

Meatballs with
Vegetables and
Butterbean Mash



Beef Rendang with
Cauliflower rice



Mushroom Omelette
with spinach



Chicken Traybake



Chicken Swarma



Snack Ideas

Boiled Eggs



Fruit



Banana and Pumpkin
Seeds



Crudites with Humous



Dark Chocolate



Mackerel Pate with
Crudites



Dried Apricots



Dates



What Equipment could help?

Egg Machine



Flask

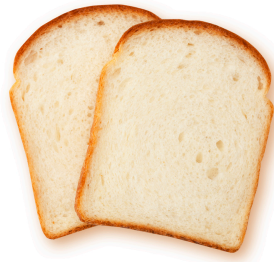


Snack Pot



Easy Swaps

1. Normal bread for
sourdough bread



2. Crisps for nuts



3. Normal rice for
cauliflower rice



4. Evening carbs for
green vegetables



5. Make your fruit
berries



6. Milk chocolate for
dark chocolate

